

CEDAR FALLS SENIOR CENTER

528 MAIN ST

NEI3A program questions or comments call (319) 277-1900. If you would like to reserve a meal please call by 10:00 a.m. the day before you would like to join us.

Aug. 2018

Mon	Tue	Wed	Thu	Fri
<p>Join us for COFFEE & POPCORN made fresh daily! Blood pressure checks Tuesdays and Thursdays at 9:30. Card club on Tuesdays and Friday's at 12:30 this month is Pepper! Ceramics on Wednesday and Friday at 1:00. Community Center rentals call 319-553-6925</p>		<p>1 8:00 8 Ball Tournament 9:00 FUNctional FITness 10:15 Chair Yoga 11:45 Lunch 1:00 <u>Ladies Billiards</u> 1:30 <u>Line Dancing</u></p>	<p>2 8:00 9 Ball Tournament 9:00 The Country Good Timers 11:00 <u>Seniors in Motion</u> 11:45 Lunch 12:45 <u>Pinochle</u></p>	<p>3 8:00 Billiards 9:00 FUNctional FITness 10:00 <u>Bingo</u> 11:45 Lunch 12:30 <u>Hand & Foot /Cards</u></p>
<p>6 8:00 Billiards 9:00 FUNctional FITness 10:15 Chair Yoga 11:45 Lunch 12:45 <u>Pinochle</u></p>	<p>7 8:00 Billiards 10:00 <u>Bingo</u> 11:00 <u>Seniors in Motion</u> 11:45 Lunch 12:15 <u>Fresh conversations</u> 12:30 <u>Hand and Foot /Cards</u></p>	<p>8 8:00 8 Ball Tournament 9:00 FUNctional FITness 10:15 Chair Yoga 11:45 Lunch 1:00 <u>Ladies Billiards</u> 1:30 <u>Line Dancing</u></p>	<p>9 8:00 9 Ball Tournament 9:00 The Country Good Timers 11:00 <u>Seniors in Motion</u> 11:45 Lunch 12:45 <u>Pinochle</u> 2:00 Senior Device Advice</p>	<p>10 8:00 Billiards 9:00 FUNctional FITness 10:00 <u>Bingo</u> 11:45 Lunch 12:30 <u>Hand & Foot /Cards</u></p>
<p>13 8:00 Billiards 9:00 FUNctional FITness 10:15 Chair Yoga 11:45 Lunch 12:45 <u>Pinochle</u></p>	<p>14 8:00 Billiards 10:00 <u>Bingo</u> 11:00 <u>Seniors in Motion</u> 11:45 Lunch 12:30 <u>Hand and Foot /Cards</u></p>	<p>15 8:00 8 Ball Tournament 9:00 FUNctional FITness 10:15 Chair Yoga 11:45 Lunch 1:00 <u>Ladies Billiards</u> 1:00 <u>BH Button Club Workshop</u> 1:30 <u>Line Dancing</u></p>	<p>16 8:00 9 Ball Tournament 9:00 The Country Good Timers 11:00 <u>Seniors in Motion</u> 11:45 Lunch 12:45 <u>Pinochle</u></p>	<p>17 8:00 Billiards 9:00 FUNctional FITness 10:00 <u>Bingo</u> 11:45 Lunch 12:30 <u>Hand & Foot /Cards</u></p>
<p>20 8:00 Billiards 9:00 FUNctional FITness 10:15 Chair Yoga 11:45 Lunch 12:45 <u>Pinochle</u></p>	<p>21 8:00 Billiards 10:00 <u>Bingo</u> 11:00 <u>Seniors in Motion</u> 11:45 Lunch 12:30 <u>Hand and Foot /Cards</u></p>	<p>22 8:00 8 Ball Tournament 9:00 FUNctional FITness 10:15 Chair Yoga 11:45 Lunch 1:00 <u>Ladies Billiards</u> 1:30 <u>Line Dancing</u></p>	<p>23 8:00 9 Ball Tournament 9:00 The Country Good Timers 11:00 <u>Seniors in Motion</u> 11:45 Lunch 12:45 <u>Pinochle</u></p>	<p>24 8:00 Billiards 9:00 FUNctional FITness 10:00 <u>Bingo</u> 11:45 Lunch 12:30 <u>Hand & Foot /Cards</u></p>
<p>27 8:00 Billiards 9:00 FUNctional FITness 10:15 Chair Yoga 11:45 Lunch 12:45 <u>Pinochle</u></p>	<p>28 8:00 Billiards 10:00 <u>Bingo</u> 11:00 <u>Seniors in Motion</u> 11:45 Lunch 12:30 <u>Hand and Foot /Cards</u></p>	<p>29 8:00 8 Ball Tournament 9:00 FUNctional FITness 10:15 Chair Yoga 11:45 Lunch 1:00 <u>Ladies Billiards</u> 1:30 <u>Line Dancing</u></p>	<p>30 8:00 9 Ball Tournament 9:00 The Country Good Timers 11:00 <u>Seniors in Motion</u> 11:45 Lunch 12:45 <u>Pinochle</u></p>	<p>31 8:00 Billiards 9:00 FUNctional FITness 10:00 <u>Bingo</u> 11:45 Lunch 12:30 <u>Hand & Foot /Cards</u></p>